\$3.00 Suggested Donation

January 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED Happy New Year	4 Tomato Vegetable Soup Baked Ham w/ Pineapple Sweet Potato Prince Edwards Vegetables Mixed Fruit Oatmeal Bread Ham and Cheese on Oatmeal	5 Beef Noodle Soup Herb Roasted Grilled Chicken Rice Pilaf Garlic Spinach Fresh Fruit Wheat Bread Herb Roasted Grilled Chicken on Wheat	6 Lentil Soup Italian Sausage w/ mustard Tortellini Peppers and Onions Garlic Roll Mandarin Oranges Italian Sausage on Roll w/ mustard	7 100% Juice Turkey Chili w/ Low Fat Cheese Corn Bread Seasoned Broccoli Spears Fruit Cocktail Hamburger on a bun w/ mustard
10 Barley Soup Veal Parmesan Seasoned Pasta Italian Blend Vegetable Cookie Italian Bread Veal Parm on Bulky Roll	11 Chicken Vegetable Soup Pork Loin w/Applesauce Wild Rice Capri Blend Vegetables Rye Bread Sliced Peaches BBQ Pork on Roll	12 Italian Wedding Soup Meatballs w/Sauce Pesto Pasta Mixed Vegetables Snow Flake Roll Fresh Fruit Meatball Grinder	13 Tomato Basil Soup Roast Turkey w/Gravy Corn Bread Stuffing California Blend Vegetables Marble Bread Fresh Fruit Turkey and Cheese w/ mayo on Marble	14 Red Chowder Stuffed Sole Mashed Potato Roasted Brussel Sprouts Pudding Wheat Bread Fish Sand w/ tartar sauce on wheat
17 CLOSED Martin Luther King, Jr. Day	18 100% Cranberry Juice Beef Stroganoff Buttered Noodles Sliced Carrots Marble Bread Fresh Fruit Pub Burger w/ mustard on Ham- burger roll	19 Kale and Bean Soup American Chop Suey w/ Whole Wheat Elbow Pasta Winter Blend Vegetable Butterscotch Pudding Rye Bread Ham Salad on Rye	20 Chicken Escarole Soup Pot Roast w/ Gravy Mashed Potato Asparagus Cuts Pumpernickel Bread Frosted Cupcakes Pot Roast on Pumpernickel	21 Clear Chowder Tuna Salad Tossed Salad w/ Italian Dressing Croissant Sliced Pears Tuna salad on Croissant
24 Split Pea Soup Knockwurst w/ mustard Seasoned Potato Baby Whole Carrots Fresh Fruit Marble Bread Knockwurst w/ mustard on roll	25 Chicken Soup / Orzo Chicken Cordon Bleu w/ gravy Lyonnaise Potatoes Roasted Zucchini Rye Bread Fruit Cocktail Chicken Loaf w/ mayo on Rye	26 Pasta & Bean Soup Garlic Shrimp Seasoned Shells Capri Blend Vegetables Sponge Cake Multi Grain Bread Shrimp Salad on Multi Grain	27 Lentil Soup Meatloaf w/ Gravy Mashed Potato Mixed Vegetable Yogurt 9 grain bread Meatloaf on 9 grain w/ ketchup	28 Chili Soup Veggie Burger Au Gratin Potato 3 Bean Salad Brownie Wheat Bread Veggie Burger on wheat
31 Vegetable Soup Italian Style Chicken Cutlet Wild Rice Stewed Tomatoes Oatmeal Bread Diced Peaches Italian Style Chicken Culet on Roll	Call: 401-625-6790 to order your lunch!	ALL SANDWICHES INCLUDE 100 % JUICE L/S CHIPS DESSERT MILK	All menu item may contain. Nuts, Seeds, Bran, Beans, Wheat, Eggs and other allergens MENU ITEMS ARE SUBJECT TO CHANGE	Funded in part by the US administration on aging and state funds by the RI OHA